

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 First Day of Practice Introductions Free Streamline	4 Review Streamline Free Finishes	5 Review Finishes Free Turns	6 Review Turns Free Starts	7 Review of week Free UWDK	8 Free Turns
9	10 Back and Free Stroke count Finishes	11 Review Stroke count Back Turns	12 Review turns Back Finishes	13 Back Starts	14 Review of week Back	15 IM Turns
16	17 Breast Open turns	18 Review Open Turns Finishes Breast	19 Breast Pullouts	20 Review Pullouts Breast Turns	21 Review of week Breast Starts	22 Free Turns
23	24 Fly UWDK	25 Fly Open Turns	26 Fly UWDK	27 Fly Starts	28 Review of week Fly Turns	29 SEA Early Bird
30		Notes:				

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Free Turns	2 Back Turns Finishes	3 Breast Starts & Turns	4 Fly Open Turns	5 IM Turns	6 Free Turns
7	8 Fly Starts UWDK	9 Breast Pullouts Starts	10 Back Starts	11 IM Starts & Turns	12 Free Starts Finishes	13 LAKE Swim Your Own Age Back Turns
14	15 Back UWDK Finishes	16 Free Starts	17 IM Turns	18 Breast Pullouts	19 Fly UWDK Open Turns	20 SSTY Sprint & Distance IM Turns
21 SSTY Sprint & Distance	22 Free Turns	23 IM Turns	24 Fly UWDK	25 Back Starts Finishes	26 Breast Open turns	27 Free Turns
28	29 IM Turns	30 Fly UWDK	31 Breast Pullouts			
		Notes:				
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Free Turns Finishes	2 SEA Pirate Plunge	3 SEA Pirate Plunge
4 SEA Pirate Plunge	5 Free Starts Finishes	6 Back UWDK Turns	7 Breast Pullouts	8 Fly Open Turns	9 Tri-Duel w/ LGSC & KENO	10 IM Turns
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
		Notes:				
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